

between 4 cities with flu shot coverage ranging from 1% to 90%.¹⁸

Flu Shots are Risky

One of the brands of influenza vaccine being used is 'Fluviral[®] S/F'. It contains virus cultured in chicken embryos then killed with **formaldehyde** and detergent - **sodium deoxycholate** and/or **Triton X-100**. It is preserved with **thimerosal, a mercury compound**.¹⁹ The mercury alone makes a flu shot **UNSAFE FOR PREGNANT WOMEN**.²⁰ **Some brands contain up to 25 micrograms of mercury per dose, 5 times the maximum amount judged safe by the US CDC for a 110lb person**. Hugh Fudenberg, MD, the world's leading immunogeneticist, noted studies between 1970-80 showed **the possibility of Alzheimer's Disease increases with yearly flu shots** due to their mercury and aluminum content.²¹ Even when not in the vaccine, aluminum is widely received from other sources.²² **All viral vaccines contain traces of contaminating cancer-associated viruses** acquired from the culture medium used in their manufacture. At least 2% of these viruses remain in the injected vaccine and it cannot be guaranteed that every last one of them is dead.²³

During the 2000/01 flu season **1800 cases of ORS were reported** to Health Canada and some of these recurred in 2001/02. ORS (Oculo-Respiratory Syndrome) is **red eyes**.

and/or respiratory symptoms including cough, difficult breathing and swallowing, hoarseness and sore throat, and/or facial swelling within 24 hrs of vaccination.²⁴

Dr. J. Seal of the National Institute of Allergy and Infectious Diseases says **"Any and all flu vaccines are capable of causing Guillain-Barre."**²⁵ Other possible problems are **allergic reactions including anaphylaxis. Flu-like symptoms** occur in up to 37% of recipients.²⁶

Protect your Health and your Income

Each year millions of scarce health dollars are squandered on influenza vaccine programs. **The safest, least expensive and most effective method of preventing influenza as well as many other communicable diseases is a combination of frequent hand-washing and healthful living.** One source of information for the latter is *Alive Magazine* and its website, www.alivepublishing.com.

Vaccination Risk Awareness

Network Inc. (VRAN) a not-for-profit, volunteer educational society committed to advocating for consumers' right to informed choice about vaccines. www.vran.org ... info@vran.org.
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References available on request

The Flu Shot



Your Right to "Informed" Consent

Every fall as the leaves float down we are blanketed with ads urging us to "get a flu shot, not the flu." Those with ongoing moderate to severe acute illness and/or allergies to any of the vaccine components may be refused the flu shot. But rarely are we told how UNCOMMON influenza is, how INEFFECTIVE the vaccine is, and that it carries some serious RISKS for any of us.

Influenza is Not Very Common

Influenza ("flu") symptoms include sore throat, cough, chills, fever, muscular pains and weakness. Headache, appetite loss, fatigue, runny nose, watery eyes, nausea, vomiting, and diarrhea may also occur. Most people recover in 3 to 10 days but the frail and the elderly may develop serious complications such as pneumonia.¹ **There are many infectious agents whose symptoms are similar** and can be distinguished from influenza virus only by lab tests (eg respiratory syncytial virus, coronavirus, rhinovirus, etc).² As well, **flu-like symptoms may arise from exposure to agricultural chemicals and fluorides.**^{3,4}

On average, it appears that **influenza virus is the cause of only about 10% of all flu-like illness.**^{5,6}

Misleading Statements and Stats

Medical statistics lump influenza together with pneumonia. An example of the way the public may be misled is shown in information provided by the BC Centre for Disease Control. They state that in 2001 in BC “1,400 people died from flu and related pneumonia.”⁷ **Note that their statement does not specify how the pneumonia was “related” - was it merely because both are respiratory diseases? – or did pneumonia result as a complication of flu?** BC Vital Statistic Agency states that in 2001 in BC there were 40 deaths directly due to influenza, none indirectly.⁸ **In the previous year the same “1,400” statistic was used with different but equally obtuse wording.** (VRAN has been waiting for a reply to its request to the BCCDC for references for their statistic, but none has been forthcoming.)

The “Pandemic” Scare Factor

We are regularly reminded of the influenza pandemic which occurred in the aftermath of WW 1 and which was reported to have caused over 20 million deaths worldwide. We are not told that, at that time, **naturopath Dr. Lincoln Graham used simple non-**

drug methods to treat over 400 flu patients, all of them recovering. The 1918-19 pandemic differed greatly from present day influenza in that **most deaths occurred in those under 35 yrs old.**⁹

In 1976 a single case of so-called “swine flu” in one overworked, chilled-to-the-bone army recruit caused his swift death. The fear this struck in the USA resulted in nationwide flu shots which **caused the death of 30 and Guillain-Barre paralysis in over 500 citizens.**¹⁰

Looking into the Crystal Ball

Since influenza viruses are constantly changing, every year technicians gather new virus samples from pigs and humans in foreign countries. It is on the basis of this collection that **US CDC workers guess, one year in advance of their use, which 3 viral strains would be most likely to show up** in North America the next flu season.¹¹ The chosen 3 are used for the flu shot.

Flu Shots are Ineffective

Epidemiologist, Dr. Vittorio Demicheli, has found that **influenza vaccine is only 24% effective in reducing illness which has flu symptoms in otherwise healthy adults.**¹²

Distinguished virologist and former Chief Vaccine Control Officer at the

US FDA, Dr. J. Anthony Morris, is even less impressed. He has said **“There is no evidence that any influenza vaccine thus far developed is effective in preventing or mitigating any attack of influenza.** The producers of these vaccines know that they are worthless, but they go on selling them anyway.”¹³ The proof is “in the pudding”: in Great Britain, the post office dropped its influenza vaccine program after **it showed no improvement in absenteeism**¹⁴; the Maine [USA] Lung Association says “Since 1987, while **death rates from influenza in the over 65 age group have been increasing, flu vaccination rates also increased from 33% to 65%;**¹⁵ a 1993 article from Holland, discussing the flu shot given to elderly residents of a nursing home says **“50% of the vaccinated population caught the illness compared to 48% unvaccinated.”**¹⁶ In Birmingham, England six hundred elderly **vaccinated people showed over double the incidence of respiratory disease as compared to a non-vaccinated group.**¹⁷

Of course, vaccines elicit a lower response in those whose immune systems are weak, yet these are the very people who are usually urged to have the flu shot.

Even for children and babies the flu shot has been found ineffective: in Japan, two large studies showed little difference in influenza rates